

New Traditions Adult Horseback Riding (Age: 16 & up)

Come and fall in love with horses all over again and master the skill of horseback riding! Lessons will be offered in cooperation with the New Traditions Riding Academy at Palos Hills Riding Stables. All lessons are one hour in length. Riders must wear long pants; shoes with heels no higher than 1 inch and wear a helmet. Helmet rental is one dollar per lesson. After registration is completed at the Oak Lawn Park District, call the riding school to arrange your schedule and bring your receipt to your first lesson. **PDNA** (jm)

Location: New Traditions Riding Academy, Palos Heights Riding Stables, 10100 S. Kean Ave.

Phone: 708-598-7718

Code	Lessons	Res/NR
502401-1	Beginner 5 lessons	\$210/\$210
502401-2	Beginner 10 lessons	\$330/\$330
502401-3	Intermediate 5 lessons	\$240/\$240
502401-4	Intermediate 10 lessons	\$380/\$380

Winter Sowing/ Seed Collecting

Winter seed sowing is a new way to start seeds at home. Not in the house but outside! This is a method of plant propagation by seed, outdoors in winter. This method gives the seeds a natural frost period and higher germination rates. This method saves space in the house. Whether you want to grow your own organic vegetables or you want to grow organic food/flowers for caterpillars/pollinators, this is a great method. Winter sowing demonstration and seed collecting will be discussed. (DF)

Location: Oak View Center

Code	Day	Dates	Time	Res/NR
327102-01	M	2/25	6:30-8:30P	\$7

Pollinator Gardening

Have you ever thought about planting a Pollinator Garden on your property? Do you think it is too small? You can help the pollinators no matter how small your garden is! You can even help the bees on your balcony! In this class you will learn who the pollinators are and how you can help them by planting specific plants and tweaking your garden to create a habitat. (DF)

Location: Oak View Center

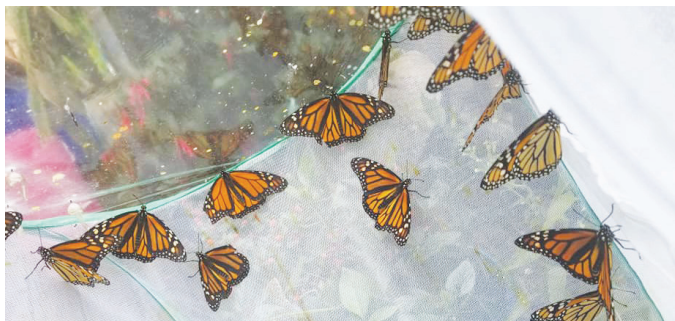
Code	Day	Dates	Time	Res/NR
TBA	M	3/11	6:30-8:30P	\$7

Butterfly Gardening Workshop

Learn butterfly gardening and raising monarchs at home all in one space. Now is the time to change your perspective on gardening. Let's all begin planting with a purpose. Pollinators and butterflies especially the monarch are in need of our help in order to thrive. Planning a butterfly habitat and planting it is the most important aspect of this conservation movement. Topics covered: Monarch butterfly lifecycle, planning the garden, raising caterpillars at home. (DF)

Location: Oak View Center

Code	Day	Dates	Time	Res/NR
427117	Sa	4/06	10:00A-1:30P	\$10

**Yoga to Transform Trauma: Circle of Hope: A Peer-Support Group + Yoga Class for Those Affected by Trauma**

Circle of Hope classes are confidential classes that marry a peer-support, group sharing experience with a trauma-informed yoga class that is specifically designed to be sensitive towards those individuals who have experienced trauma or have struggled with its effects. Teachers have been specially trained in trauma-sensitive yoga. This is for anyone directly impacted by trauma, as well as friends, family members or others that have been vicariously affected. For more information please go to mcgovernfitness.com or yogatotransformtrauma.org. Please feel free to join this program at any time during the session. (ms)

Location: Oak View Center

Instructor: Sue McGovern, Certified Yoga Instructor & Personal Trainer

Code	Day	Dates	Time	Res/NR
307236-01	W	1/02-3/13	6:30-8:15P	Free

HeartSaver CPR (Age: 16 & up)

This course is designed for those non-professional healthcare providers who have a duty to respond to a cardiac emergency on the job. Or those that would like to

learn to use at home. This course teaches you how to recognize an emergency. Adult, Child and Infant CPR techniques are taught in addition to rescue techniques for choking victims. AED use will also be covered. Completion of this course gives a 2-year certification in accordance with the American Heart Association's guidelines. All participants will be issued a Heartsaver Student Workbook and a certification card. (mc)

Location: Administration

Code	Day	Dates	Time	Res/NR
302011-01	Th	1/10	5:00-9:00P	\$59/\$75
302011-02	Sa	2/02	9:00A-12:30P	\$59/\$75
302011-03	Th	2/21	5:00-9:00P	\$59/\$75

Rubberstamping (Age: 16 & up)

Want to learn how to create some beautiful handmade greeting cards to send to all of your family and friends? This class is for you! This popular class will increase your creative side as you learn different techniques using the art of stamping. The prep work is done, so you will have the opportunity for several projects. Each class is different so sign up for all of them! Bring color pencils, adhesive, and scissors to class. All other materials will be supplied. **PDNA** (jm)

Location: Oak View Center

Instructor: Barbara Kamenczak

Code	Days	Date	Time	Res/NR
302201-1	Tu	1/15-1/15	7:00-9:30P	\$10/\$10
302201-2	Tu	2/19-2/19	7:00-9:30P	\$10/\$10
302201-3	Tu	3/19-3/19	7:00-9:30P	\$10/\$10

French Club (Age: 14 & up)

A fun enjoyable course, perfect for those who love the French language! If you are just starting to learn or already studied French in high school, you are welcome to attend this special class, which will cover many topics of conversation - TV, recipes, travel, sports, and movies. Program is great for those wish to travel to France. The instructor is fluent in the French language. The only prerequisite is you must love to talk to other people who speak French! **PDNA** (jm)

Location: Oak View Center

Instructor: Laudy Tenn

Code	Days	Date	Time	Res/NR
302301-1	W	1/09-3/13	5:00-6:00P	\$105/\$105
302301-2	W	1/09-3/13	6:00-7:00P	\$105/\$105
302301-3	W	3/20-5/22	5:00-6:00P	\$105/\$105
302301-4	W	3/20-5/22	6:00-7:00P	\$105/\$105

Also check out Adult Skating Lessons on page 34!

Creepy & Interesting Creatures w/ Mrs. Sue (Age: 5-10)

Interested in bugs and animals? Ones that look scary, or creepy, or even gross? Then join Mrs. Sue for one or all of these fun, new classes that explore some of nature's creepy and interesting creatures! Let your child discover the unexpected pleasure of exploring nature thru observation time, crafts, experiments, and games. These programs designed especially for kids are guaranteed to open your little one's eyes to the beauty of nature and inspire them to become nature explorers by introducing them to a new nature theme each class! A snack will be served each class. (ms)

Location: Oak View Center

Instructor: Sue Palka

Code	Days	Date	Time	Res/NR	Theme
327201-01	F	1/11	4:00-6:00P	\$17/\$21	Creepy Crawlers
327201-02	F	1/18	4:00-6:00P	\$17/\$21	Barn Owls
327201-03	F	2/01	4:00-6:00P	\$17/\$21	Horseshoe Crabs
327201-04	F	2/15	4:00-6:00P	\$17/\$21	Mantarays & Whale Sharks
327201-05	F	3/01	4:00-6:00P	\$17/\$21	Jumping Insects
327201-06	F	3/15	4:00-6:00P	\$17/\$21	Walk @ Wolfe Wildlife
327201-07	F	1/11-3/15	4:00-6:00P	\$82/\$101	All Season Discount

Fine Art Fridays (Age: 8 & up)

Spend the entire fall season discovering the amazing and fun things art has to offer! We'll choose from mediums such as painting, graphite, charcoal, colored pencils, markers, pastels, ink art, print making, and collage. Realism, to Impressionism- discover your style! Have a blast creating works of art in our experimental Fun art mixed media activities! All materials provided.

No class 2/15. PDNA (ms)

Location: Oak View Center

Instructor: Laurie Snaer

Code	Day	Date	Time	Res/NR
328210-01	F	1/25-3/01	6:00-6:45P	\$45/\$53

Amazing Art Club (Age: 5-7)

Art club for our younger artists! Spend the entire fall season discovering the amazing and fun things art has to offer! This club is designed for enthusiastic young artists, who would like to experience different mediums such as paint, graphite, charcoal, colored pencils, markers, pastels, and collage to create our favorite things in art. Everyone will have fun learning about art techniques through hands-on experience. Dress for active art. All materials supplied. **No class 2/15. PDNA** (ms)

Location: Oak View Center

Instructor: Laurie Snaer

Code	Day	Date	Time	Res/NR
328230-01	F	1/25-3/01	5:15-6:00P	\$45/\$53

**Private Art Lessons** (Age: 10 & up)

Total of 6 hours of private instruction per course session spread throughout four 1.5 hour sessions. Enjoy one-on-one instruction with our award winning art instructor in our dedicated art room. Lessons are geared for the beginner or for those with minimal experience. Relax and work stress free at your own pace. Choose from one of the following sessions: Learn to Draw, Beginning Acrylic Painting, Introduction to Watercolor, Abstract Acrylic Painting, and Easy Portrait Drawing. Canvases are required for the Beginning Acrylic Painting & Abstract Acrylic Painting sessions. Canvases can be purchased at the Oak View front desk during operating hours, or students can bring their own to their lessons. Sessions are individually arranged with the instructor. Participants that are interested in these private art lessons must fill out a request form at the Oak View Center. Our art instructor will contact you and set-up a schedule for your lessons after the request is received. For more information, please call 708-857-2200. All materials will be provided, except for canvases. **PDNA** (ms)

Location: Oak View Center

Instructor: Laurie Snaer

Res/NR: \$175

Magic Workshop (Age: 5-12)

Children are guaranteed to have a great time as they learn a collection of fascinating and mesmerizing tricks! Amaze family and friends with tricks that involve cards, ropes, coins, mind-reading and more. While the tricks may appear to be difficult, you'll discover that they are quick to learn and easy to perform. All materials will be provided and each child will receive a magic kit to take home. Children will be grouped by age and will learn age appropriate tricks. Each workshop features brand new tricks. **PDNA** (jm)

Location: Oak View Center

Instructor: Magic Team of Gary Kantor

Code	Day	Date	Time	Res/NR
326501-1	W	2/06	5:00-5:55P	\$21/\$21
426501-1	Tu	4/16	6:45-7:40P	\$21/\$21

Jr. Chefs (Age: 6-12)

Get creative with Mrs. Sue and make sweets and treats to share with your family! There will be a new theme for every session. (jm)

Location: Oak View Center

Instructor: Sue Palka

Code	Day	Date	Time	Res/NR
326101-1	W	2/13	4:00-6:00P	\$22/\$27
326101-2	W	3/13	4:00-6:00P	\$22/\$27
326101-3	W	4/17	4:00-6:00P	\$22/\$27

Les Rouges French (Age: 5-10)

Play and have fun while learning. This unique program will introduce both parent and child to the French language. This class teaches children and parent colors, numbers, shapes, animals, the alphabet and much more. The instructor will help children experience learning through imagination. A day at the beach, a trip to the zoo and a birthday party are some of the experiences that will help your child to develop the skills necessary to speak and understand a second language. Kids will enjoy this fun and enriching class, which will help them as they grow by introducing them to French should they decide to take additional classes in high school. **PDNA** (jm)

Location: Oak View Center

Instructor: Laudy Tenn

Code	Day	Dates	Time	Res/NR
326601-1	Sa	1/12-3/16	11:00A-12:00P	\$115/\$115
326601-2	Sa	3/23-5/25	11:00A-12:00P	\$115/\$115